

TACO BELL NUTRITIONAL INFORMATION

/SERVING

| MENU ITEM | SERVING SIZE (G) | KILOJOULES (KJ) | CALORIES (KCAL) | TOTAL FAT (G) | SATURATED FAT (G) | CARBOHYDRATES (G) | SUGARS (G) | PROTEINS (G) | SODIUM (G) |
|--|------------------|-----------------|-----------------|---------------|-------------------|-------------------|------------|--------------|------------|
| CRUNCHY TACO SUPREME | | | | | | | | | |
| Crunchy Taco Supreme - Seasoned Beef | 107 | 933 | 223 | 15,8 | 6,9 | 10,9 | 1,2 | 10,9 | 0,3 |
| Crunchy Taco Supreme - Grilled Chicken | 107 | 826 | 198 | 12,2 | 5,1 | 9,8 | 1,1 | 13,3 | 0,3 |
| Crunchy Taco Supreme - Pulled Oats™ | 107 | 970 | 232 | 13,2 | 4,9 | 13,2 | 1,6 | 16,1 | 0,1 |
| SOFT TACO SUPREME | | | | | | | | | |
| Soft Taco Supreme - Seasoned Beef | 126 | 1089 | 260 | 15,6 | 8,2 | 18,1 | 1,6 | 12,8 | 0,4 |
| Soft Taco Supreme - Grilled Chicken | 126 | 982 | 234 | 12,0 | 6,4 | 16,9 | 1,5 | 15,2 | 0,4 |
| Soft Taco Supreme - Crispy Chicken | 139 | 1525 | 363 | 17,5 | 9,9 | 45,9 | 1,8 | 8,2 | 0,6 |
| Soft Taco Supreme - Pulled Oats™ | 126 | 1126 | 268 | 13,0 | 6,2 | 20,3 | 2,0 | 18,0 | 0,2 |
| QUESADILLA | | | | | | | | | |
| Quesadilla - Seasoned Beef | 185 | 2374 | 566 | 32,3 | 16,1 | 39,5 | 3,4 | 28,3 | 1,0 |
| Quesadilla - Grilled Chicken | 185 | 2267 | 541 | 28,7 | 14,4 | 38,3 | 3,3 | 30,6 | 1,0 |
| Quesadilla - Crispy Chicken | 253 | 3567 | 850 | 40,6 | 21,7 | 96,4 | 3,8 | 26,4 | 1,5 |
| Quesadilla - Pulled Oats™ | 185 | 2411 | 575 | 29,7 | 14,2 | 41,7 | 3,8 | 33,4 | 0,8 |
| CRUNCHWRAP SUPREME | | | | | | | | | |
| Crunchwrap Supreme - Seasoned Beef | 245 | 2389 | 570 | 29,8 | 13,8 | 57,4 | 4,2 | 20,9 | 0,8 |
| Crunchwrap Supreme - Grilled Chicken | 245 | 2282 | 544 | 26,2 | 12,0 | 56,2 | 4,1 | 23,3 | 0,7 |
| Crunchwrap Supreme - Crispy Chicken | 313 | 3582 | 853 | 38,1 | 19,4 | 114,3 | 4,6 | 19,1 | 1,3 |
| Crunchwrap Supreme - Pulled Oats™ | 248 | 2427 | 578 | 27,2 | 11,8 | 59,6 | 4,6 | 26,1 | 0,6 |
| NAKED BURRITO BOWL | | | | | | | | | |
| Naked Burrito Bowl - Seasoned Beef | 311 | 1982 | 476 | 24,2 | 8,9 | 50,9 | 3,7 | 22,2 | 2,9 |
| Naked Burrito Bowl - Grilled Chicken | 311 | 1768 | 425 | 17,1 | 5,4 | 48,5 | 3,4 | 26,9 | 2,8 |
| Naked Burrito Bowl - Crispy Chicken | 282 | 2099 | 503 | 21,7 | 8,7 | 77,6 | 3,7 | 10,1 | 2,8 |
| Naked Burrito Bowl - Pulled Oats™ | 311 | 2056 | 493 | 19,0 | 5,0 | 55,3 | 4,4 | 32,5 | 2,4 |

| MENU ITEM | SERVING SIZE (G) | KILOJOULES (KJ) | CALORIES (KCAL) | TOTAL FAT (G) | SATURATED FAT (G) | CARBOHYDRATES (G) | SUGARS (G) | PROTEINS (G) | SODIUM (G) |
|---|------------------|-----------------|-----------------|---------------|-------------------|-------------------|------------|--------------|------------|
| FRESH BURRITO | | | | | | | | | |
| Fresh Burrito - Seasoned Beef | 271 | 1857 | 463 | 22,9 | 10,6 | 47,4 | 3,1 | 19,9 | 0,8 |
| Fresh burrito - Grilled Chicken | 271 | 1750 | 438 | 19,4 | 8,8 | 46,3 | 3,0 | 22,3 | 0,8 |
| Fresh burrito - Crispy Chicken | 284 | 2294 | 567 | 24,9 | 12,3 | 75,3 | 3,2 | 15,3 | 0,9 |
| Fresh burrito - Pulled Oats™ | 271 | 1895 | 472 | 20,3 | 8,6 | 49,7 | 3,5 | 25,1 | 0,6 |
| VEGAN BURRITO | | | | | | | | | |
| Vegan Burrito - Pulled Oats™ | 247 | 1849 | 443 | 14,5 | 4,3 | 59,1 | 6,0 | 21,8 | 1,2 |
| GRILLED STUFF BURRITO | | | | | | | | | |
| Grilled Stuff Burrito - Seasoned Beef | 296 | 2746 | 654 | 30,9 | 14,6 | 65,5 | 4,2 | 29,2 | 1,8 |
| Grilled Stuff Burrito - Grilled Chicken | 296 | 2532 | 602 | 23,8 | 11,1 | 63,2 | 3,9 | 33,9 | 1,7 |
| Grilled Stuff Burrito - Crispy Chicken | 322 | 3619 | 861 | 34,8 | 18,2 | 121,2 | 4,5 | 20,0 | 2,1 |
| Grilled Stuff Burrito - Pulled Oats™ | 296 | 2821 | 671 | 25,7 | 10,7 | 70,0 | 5,0 | 39,6 | 1,3 |
| CHALUPA SUPREME | | | | | | | | | |
| Chalupa Supreme - Seasoned Beef | 151 | 1640 | 392 | 23,0 | 6,7 | 33,0 | 3,6 | 15,0 | 1,4 |
| Chalupa Supreme - Grilled Chicken | 151 | 1576 | 377 | 20,0 | 5,2 | 33,0 | 3,7 | 17,0 | 1,4 |
| Chalupa Supreme - Crispy Chicken | 164 | 1779 | 425 | 25,0 | 7,3 | 35,8 | 3,9 | 16,3 | 1,5 |
| Chalupa Supreme - Pulled Oats™ | 151 | 1806 | 432 | 26,0 | 5,6 | 35,0 | 3,9 | 16,0 | 1,1 |
| CHEESY GORDITA CRUNCH | | | | | | | | | |
| Cheesy Gordita Crunch - Seasoned Beef | 175 | 2173 | 519 | 30,6 | 10,0 | 39,7 | 5,1 | 22,2 | 0,6 |
| Cheesy Gordita Crunch - Grilled Chicken | 175 | 2066 | 494 | 27,0 | 8,2 | 38,5 | 4,9 | 24,6 | 0,5 |
| Cheesy Gordita Crunch - Crispy Chicken | 188 | 2609 | 623 | 32,5 | 11,8 | 67,6 | 5,2 | 17,6 | 0,7 |
| Cheesy Gordita Crunch - Pulled Oats™ | 175 | 2210 | 528 | 28,0 | 8,0 | 41,9 | 5,4 | 27,4 | 0,4 |
| NACHOS SUPREME | | | | | | | | | |
| Nachos Supreme | 270 | 3125 | 746 | 50,6 | 13,3 | 63,5 | 6,1 | 11,6 | 0,5 |
| Nachos Supreme - Seasoned Beef | 312 | 3444 | 823 | 55,1 | 15,3 | 64,7 | 6,2 | 19,0 | 0,7 |
| Nachos Supreme - Grilled Chicken | 312 | 3337 | 797 | 51,5 | 13,6 | 63,5 | 6,1 | 21,4 | 0,7 |
| Nachos Supreme - Crispy Chicken | 325 | 3881 | 926 | 57,0 | 17,1 | 92,5 | 6,3 | 14,4 | 0,8 |
| Nachos Supreme - Pulled Oats™ | 312 | 3482 | 831 | 52,5 | 13,4 | 66,9 | 6,6 | 24,2 | 0,5 |
| FULLY LOADED FRIES | | | | | | | | | |
| Fully Loaded Fries - Seasoned Beef | 430 | 3641 | 871 | 51,7 | 18,5 | 74,7 | 4,8 | 27,6 | 1,7 |
| Fully Loaded Fries - Grilled Chicken | 430 | 3427 | 820 | 44,5 | 15,0 | 72,3 | 4,6 | 32,4 | 1,5 |
| Fully loaded Fries - Crispy Chicken | 456 | 4514 | 1078 | 55,5 | 22,1 | 130,4 | 5,1 | 18,4 | 1,9 |
| Fully loaded Fries - Pulled Oats™ | 430 | 3715 | 888 | 46,5 | 14,6 | 79,1 | 5,6 | 38,0 | 1,2 |

| MENU ITEM | SERVING SIZE (G) | KILOJOULES (KJ) | CALORIES (KCAL) | TOTAL FAT (G) | SATURATED FAT (G) | CARBOHYDRATES (G) | SUGARS (G) | PROTEINS (G) | SODIUM (G) |
|--|------------------|-----------------|-----------------|---------------|-------------------|-------------------|------------|--------------|------------|
| CRAVINGS MENU | | | | | | | | | |
| Churro with chocolate sauce | 65 | 453 | 108 | 2,2 | 2,0 | 22,1 | 18,5 | 3,1 | 0,0 |
| Churro | 51 | 279 | 67 | 1,5 | 1,5 | 14,2 | 14,2 | 2,4 | 0,0 |
| Cinnamon Twist | 35 | 672 | 161 | 5,6 | 0,0 | 27,0 | 14,1 | 0,9 | 0,0 |
| Cheesy Roll Up | 60 | 847 | 202 | 10,8 | 6,4 | 16,0 | 0,4 | 9,8 | 0,3 |
| Spicy Chicken Griller | 143 | 1384 | 329 | 12,2 | 6,8 | 36,1 | 1,4 | 16,8 | 0,5 |
| Beefy Nacho Griller | 142 | 1612 | 384 | 16,6 | 7,7 | 41,4 | 2,0 | 16,2 | 0,6 |
| Vegan Griller | 135 | 1333 | 317 | 8,4 | 3,5 | 38,9 | 1,5 | 19,2 | 0,3 |
| Mexi Melt | 123 | 1166 | 178 | 15,2 | 8,5 | 17,2 | 0,6 | 17,2 | 0,6 |
| Cheese Quesadilla | 143 | 2061 | 492 | 27,9 | 14,1 | 38,6 | 3,3 | 20,9 | 0,8 |
| Cheesy Topped Fries | 190 | 1643 | 394 | 24,7 | 9,2 | 36,1 | 3,1 | 7,9 | 0,6 |
| Cheesy Topped Nachos | 135 | 1618 | 388 | 26,5 | 8,2 | 31,0 | 2,6 | 7,1 | 0,3 |
| Crispy Chicken 1 pc + CaliRanch sauce | 83 | 1452 | 349 | 23,8 | 5,3 | 31,6 | 2,1 | 3,5 | 0,6 |
| Crispy Chicken 1 pc | 55 | 756 | 180 | 6,4 | 3,8 | 29,0 | 0,3 | 2,8 | 0,4 |
| Crispy Chicken 3 pcs + CaliRanch sauce | 193 | 2964 | 708 | 36,6 | 12,9 | 89,7 | 2,6 | 9,1 | 1,3 |
| Crunchy Taco | | | | | | | | | |
| Crunchy Taco - Seasoned Beef | 76 | 724 | 173 | 11,0 | 3,8 | 9,8 | 0,3 | 10,4 | 0,3 |
| Crunchy Taco - Grilled Chicken | 76 | 617 | 148 | 7,4 | 2,0 | 8,6 | 0,2 | 12,8 | 0,2 |
| Crunchy Taco - Pulled Oats™ | 76 | 761 | 182 | 8,4 | 1,8 | 12,0 | 0,7 | 15,6 | 0,1 |
| Soft Taco | | | | | | | | | |
| Soft Taco - Seasoned Beef | 95 | 886 | 211 | 10,9 | 5,1 | 17,2 | 0,7 | 12,3 | 0,4 |
| Soft Taco - Grilled Chicken | 95 | 779 | 186 | 7,3 | 3,4 | 16,0 | 0,6 | 14,7 | 0,4 |
| Soft Taco - Crispy Chicken | 108 | 1323 | 315 | 12,8 | 6,9 | 45,1 | 0,9 | 7,7 | 0,6 |
| Soft Taco - Pulled Oats™ | 95 | 924 | 220 | 8,3 | 3,2 | 19,4 | 1,1 | 17,5 | 0,2 |
| SIDES | | | | | | | | | |
| Seasoned nachos | 56 | 1078 | 258 | 14,6 | 1,1 | 28,6 | 0,6 | 3,4 | 0,1 |
| Seasoned fries | 110 | 1084 | 259 | 12,4 | 2,1 | 33,2 | 1,0 | 4,1 | 0,5 |
| Salad | 98 | 30 | 7 | 3,9 | 0,0 | 0,6 | 0,6 | 0,6 | 0,0 |
| SAUCES | | | | | | | | | |
| Sauce sachet (mild/fire) | 7 | 5 | 1 | 0,0 | 0,0 | 0,2 | 0,1 | 0,0 | 0,0 |
| Sour cream | 34 | 392 | 94 | 9,5 | 6,1 | 1,3 | 0,9 | 0,8 | 0,0 |
| Guacamole | 42 | 252 | 59 | 5,0 | 0,9 | 3,8 | 2,5 | 0,8 | 0,1 |
| Pico de gallo | 42 | 61 | 15 | 0,1 | 0,0 | 2,7 | 2,5 | 0,4 | 0,2 |
| Nacho cheese sauce | 42 | 364 | 88 | 7,5 | 4,1 | 2,4 | 1,6 | 3,4 | 0,2 |
| Creamy Jalapeno sauce | 42 | 244 | 59 | 5,3 | 0,7 | 2,6 | 2,3 | 0,3 | 0,0 |
| Ketchup | 11 | 52 | 12 | 0,01 | 0,01 | 2,8 | 2,7 | 0,2 | 0,2 |

| MENU ITEM | SERVING SIZE (G) | KILOJOULES (KJ) | CALORIES (KCAL) | TOTAL FAT (G) | SATURATED FAT (G) | CARBOHYDRATES (G) | SUGARS (G) | PROTEINS (G) | SODIUM (G) |
|--|------------------|-----------------|-----------------|---------------|-------------------|-------------------|------------|--------------|------------|
| EXTRAS | | | | | | | | | |
| Mexican rice | 70 | 205 | 49 | 1,8 | 0,0 | 7,7 | 0,0 | 0,7 | 0,2 |
| Jalapeños | 24 | 9 | 2 | 0,4 | 0,1 | 0,5 | 0,5 | 0,5 | 0,7 |
| Black beans | 84 | 207 | 92 | 0,4 | 0,0 | 16,0 | 0,0 | 5,9 | 0,3 |
| Seasoned Beef | 42 | 320 | 76 | 4,5 | 2,0 | 1,2 | 0,1 | 7,4 | 0,3 |
| Grilled Chicken | 42 | 213 | 51 | 0,9 | 0,3 | 1,9 | 0,4 | 9,8 | 0,2 |
| Crispy Chicken | 55 | 756 | 180 | 6,4 | 3,8 | 29,0 | 0,3 | 2,8 | 0,4 |
| Pulled Oats™ | 42 | 357 | 85 | 1,8 | 0,0 | 3,4 | 0,5 | 12,6 | 0,1 |
| DRINKS | | | | | | | | | |
| Soft drink - Coca Cola | 400 | 180 | 42 | 0,0 | 0,0 | 0,0 | 11 | 0,0 | 0,0 |
| Soft drink - Coca Cola Zero | 100 | 1 | 0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 |
| Soft drink - Coca Cola Zero Lemon | 100 | 4 | 1 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 |
| Soft drink - Fanta Zero | 100 | 14 | 3 | 0,0 | 0,0 | 0,5 | 0,5 | 0,0 | 0,0 |
| Soft drink - Sprite Zero | 100 | 5 | 1 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 |
| Soft drink - Bonaqua Explore Strawberry-kiwi | 100 | 58 | 13 | 0,0 | 0,0 | 0,0 | 2,5 | 0,0 | 0,0 |
| Freeze (all flavours) | 400 | 80 | 19 | 0,0 | 0,0 | 4,5 | 4,2 | 0,0 | 0,0 |
| Corona | 355 | 525 | 126 | 0,0 | 0,0 | 12,0 | 3,3 | 0,3 | 0,0 |
| Crowmoor | 330 | 570 | 135 | 0,0 | 0,0 | 13,8 | 12,6 | 0,0 | 0,0 |
| Apple juice | 200 | 178 | 43 | 0,1 | 0,1 | 10,2 | 9,7 | 0,3 | 0,1 |
| Orange juice | 200 | 178 | 43 | 0,2 | 0,1 | 8,8 | 8,8 | 0,2 | 0,1 |
| Milk | 200 | 195 | 47 | 1,5 | 1,0 | 4,8 | 4,8 | 3,5 | 0,0 |
| Coffee | 150 | 8 | 2 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 |
| Tea | 150 | 8 | 2 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 |
| ICE CREAM | | | | | | | | | |
| Ben & Jerry's Cookie Dough | 100 | 1100 | 270 | 15,0 | 9,0 | 30,0 | 25,0 | 4,0 | 0,2 |
| Ben & Jerry's Half Baked | 100 | 965 | 230 | 12,0 | 7,1 | 28,0 | 23,0 | 3,7 | 0,2 |
| Ben & Jerry's Chocolate brownie fudge | 100 | 1047 | 249 | 13,0 | 7,8 | 29,0 | 27,0 | 4,3 | 0,2 |

The information in the table is valid only in Finland. Taco Bell Finland has compiled the information based on the information provided by suppliers and publications, and is not liable for any inaccuracies or omissions in the information. The information is based on standard products. Variation may occur due to slight differences in the production methods and product assembly. All standard products on the menu are included.

All products are not available in all restaurants. Most campaign, regional or test market products are not included in the list. Contact our restaurant staff if you wish to receive information on excluded products.

The product information is based on up-to-date information at the time of publishing. New or altered products may differ from the information given in the list.

The information in this table is based on the information provided by the suppliers of Taco Bell Corporation. Our kitchens and food preparation methods have been designed with your health and safety in mind.

We keep different food types carefully separated so that they are not exposed to allergens. However, we cannot guarantee a completely allergen-free environment or products. All fried products may be prepared with the same oil as chicken, cheese and fish products. Therefore, all fried products may contain small amounts of allergens from other fried products. If you wish to receive more information about certain products, you can read the allergen chart with more detailed information about allergens in the restaurant, or ask the restaurant employees.